

WHEEZE DISCHARGE PLAN

1. Once you are discharged from hospital gradually reduce reliever inhalers using the following plan

CHECK ON YOUR CHILD OVERNIGHT

Salbutamol Reliever Inhaler (BLUE)
ALWAYS via SPACER

Day 1: 10 puffs every 4 hours (6 times a day)

Day 2: 6 puffs every 6 hours (4 times a day)

Day 3: 4 puffs every 8 hours (3 times a day)

Thereafter give 2-4 puffs as needed

Salbutamol should be used for symptom relief.
See above schedule for example.

2. Give prednisolone course as prescribed

.....tablets (.....mg) once a day fordays

3. Follow up

- Make a GP appointment **within 48 hours**
- Outpatient Follow up planned YES / NO

4. Continue your preventer inhaler as instructed if prescribed

5. If symptoms are not improving please see the guidance contained inside the leaflet (Green/Orange/Red)

**DO NOT IGNORE WORSENING WHEEZE
SEEK HELP
DAY or NIGHT**



Asthma UK Homepage
asthma.org.uk

Specialist Nurse Advice
01224552725
07971505065

Inhaler Technique

1. Shake inhaler
2. Attach inhaler to spacer
3. Have your child upright
4. Children under 4 years old - Hold mask securely over mouth and nose
Children over 4 years old - Seal lips firmly around mouth piece.
5. Press inhaler once to give one puff
6. Count to 5 breaths
7. Repeat steps 1-6 for further doses

Wash your spacer once a week with warm water and dishwashing liquid.

**DO NOT RINSE
Allow to DRIP DRY**

Wipe mouth piece with a clean cloth



Asthma & Pre-school Wheeze Management Plan

Name

DOB

Address

Date.....

Inhaler technique checked

Medication checked

Discharge plan discussed with
parents

Advised to see GP within 48 hours

WHEN I FEEL WELL

- Breathing is easy during the day and night
- No night time cough or chest tightness
- Can play without wheeze or cough
- Only need reliever inhaler 2-3 times a week

My daily medicines are:

- 1.....
- 2.....
- 3.....

Take ALL Inhalers with: **SPACER + MASK**
or **MOUTHPIECE**

My BEST peak flow is:

My Usual Care is with: GP / Hospital Doctor

Take 2 puffs of **RELIEVER INHALER (BLUE)**
via Spacer if:

Wheezy or Coughing
Chest feels tight
Finding it harder to breathe

WHEN I DO NOT FEEL WELL(MILD)

- Night time cough / waking up at night
- Coughing or wheezing more
- Needing reliever inhaler more than usual
- Peak flow less than 75% of best
- **Take 2 puffs of reliever inhaler (BLUE) via spacer**
- **If no improvement go to ORANGE**
- **Check on your child overnight**
- **Continue preventer medicines daily**
- **Make GP appointment within 2-3 days**

WHEN I FEEL AWFUL (SEVERE)

- Increasing wheeze/cough/chest tightness
 - Needing 5-10 puffs more than 4 hourly
 - Breathing hard and fast
 - Peak flow less than 50% of best
 - **Sit up straight**
 - **Give 10 puffs of reliever inhaler (BLUE) via spacer**
 - **If no improvement at 10 minutes give a further 10 puffs**
 - **Start oral steroid if prescribed**
- URGENT GP APPOINTMENT**
or **CALL 111**
or **ATTEND LOCAL A&E**

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SEEK HELP
DAY or NIGHT

*****EMERGENCY*****

- Too breathless to speak a full sentence or feed
- Exhausted / Too breathless to play
- No improvement with 10 puffs of reliever inhaler
- Breathing hard and fast
- PALE or GREY or BLUE

IF YOUR CHILD HAS ANY OF THESE SYMPTOMS YOU NEED TO GO TO HOSPITAL URGENTLY
CALL 999

- **Sit Child Up**
- **Give 10 puffs of reliever inhaler (BLUE)**
- **If no improvement at 10 minutes give a further 10 puffs**
- **Continue to take 10 puffs of reliever inhaler every 20 minutes until help arrives**
- **Start oral steroid if prescribed**